



# How to Use *Horizons* Magazine

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## Spirituality and the Arts

Financial support for the arts seems to take the biggest hit in hard economic times. The irony is that in hard times the arts become even more important. The opportunity for self-expression, relaxation, relief of stress, creation of coping strategies, and focus on feelings and inner peace are provided by participation in and experience of the arts. Many tend to think of the arts as visual art, but this issue of *Horizons* highlights the breadth of the arts, and particularly ways the arts enhance and enable ministry. Because the articles provide a multitude of examples and resources, this “Make the Most” will offer some ways to use the art in the magazine—yes, primarily the visual art right in your hands—to enrich your own spiritual journey. Select one or two of the following guided meditations focused on a particular image. Allow yourself to be drawn into the artist’s expression. Bring to consciousness your own response. Then, reflect on how it might connect you to God and others.



### The Cover Art

1. Find a comfortable chair and a way to prop the magazine up in front of you so that you can contemplate the cover, a piece called *The Seven Gifts of the Holy Spirit* by Eyob Mergia.
2. Spend about five minutes simply examining and enjoying the overall effect. Then look specifically for:
  - a. identifiable objects
  - b. colors
  - c. movement
  - d. symbols and symbolic connections
  - e. shapes and patterns
  - f. the use of light
3. If you enjoy journaling, describe the effect this picture has on you. Whether you write or not, use these questions to help you go deeper:
  - a. What first draws you in? Why might that be?
  - b. What are the most striking features of the piece?
  - c. As you examine the piece further, what do you begin to notice that you have not noticed before?
  - d. How does the effect of the three panels enhance or change the piece?
  - e. You could quite easily focus on nine “squares” within the piece, three on each panel. When you look at each one individually, what do you now see as central to that part? What does it contribute to the whole?
  - f. What might the changing colors suggest as you move from left to right, or right to left?

4. Consider the title, *The Seven Gifts of the Holy Spirit*. What connections to the piece do you see immediately to any part of that title?
5. According to *Galatians 5:22–23a* “. . . [T]he fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.” What message do you think the author might be offering with his title? How do the title and images speak to you?
6. *Galatians 5:25* exhorts us to live by the Spirit and be guided by the Spirit. Imagine these gifts of the Spirit being delivered to you, to sustain you through every season of your life. Receive them graciously and gratefully—they are for you.
7. Learn more about the artist of this work, by finding a picture of him, his own statement of his intent, and a brief description of this piece on page 10.



### *In the Sanctuary of Women, inside front cover*

1. What does sanctuary mean for you?
2. Where do you find sanctuary?
3. Who provides sanctuary for you?
4. Imagine you are the woman in the center. Who are the two women you would most like to place on either side of you:
  - a. During a medical crisis
  - b. While experiencing deep personal loss
  - c. While celebrating an important accomplishment
  - d. When feeling depressed and/or discouraged
  - e. When needing people to truly hear you
5. Who do you stand beside in this way?
6. Who do you know who might not have someone beside her? Are you the one to be there?

### *Korean Jesus, page 8*

1. Read about the artist, Ann Kim, and her statement about her image of Jesus reproduced here.
2. Given the opportunity to replace all of the pictures of Jesus you have seen with one that represents the Jesus you “know,” what would your picture look like? Choose an art medium with which you are comfortable—pen, pencil, crayons, paints, descriptive words and phrases, collage materials, thoughts, ideas, etc. Do a “sketch” that represents what is most important of who Jesus is for you.
3. The artist says, “To me, Jesus and God are one being . . .” Look at her Korean Jesus. How has she embodied both God and Jesus in this painting?
4. In what ways are God and Jesus one being to you? What differentiates them for you?



### *The Creation Mural, The Creation, page 38*

1. You can see this piece of art in better detail at <http://www.artsmia.org/ruth-duckworth/preview4.cfm>. The commentary reads,  
 In the completed mural Duckworth sequentially unfolded the story of the seven days

of creation in a vigorous spiral that travels from a central cavity - "where God is thinking" - outward. Starting at the center, the unformed universe develops into images of the heavens, the waters, the mountains, the living creatures, and ends with a depiction of Adam and Eve in the Garden of Eden. "I think of creation as an ongoing process," Duckworth commented on her use of the spiral, which she felt was the perfect symbol to visualize this concept. In a band that encircles the spiral she has carved and sculpted letters in Hebrew script that are drawn directly from the Genesis text. Duckworth found the task of cutting letters accurately in clay to be "a slow but satisfying job," and drew from her earlier experience of tombstone carving, a job she had taken during her youth in wartime England to sustain her.

2. Carefully examine this piece of art and try to identify the days depicted.
3. What do you make of her use of a spiral to visualize creation as "an ongoing process"? Does it work for you? Why or why not?
4. If you agree with Ruth Duckworth that creation is an ongoing process, what new is being created right now? What might be created in the future?
5. What symbol might you use to depict an ongoing creation and why?



### ***Birth-Life, page 41***

1. Simply gaze at it for a couple of minutes and allow your mind and eyes to follow its lead. Notice what draws you in.
2. Look for colors . . . patterns . . . movement. Notice what intrigues you, puzzles you, pleases you, delights you.
3. What connections do you make between the piece and its title, Birth-Life?
4. The artist is a professor of Design. What might that suggest about this piece?
5. According to Linda Valentine, the artist's "deep Christian faith and the origins of God's world inform and resonate throughout all of his works." What of Youngkeun Choe's faith might be displayed here?
6. If it were to express something of your faith, what might that be?